

2016 Annual Scientific Meeting
FIT Open Mic Competition

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PRESENTATION INFORMATION

Title of Presentation: Huntington Beach Kveis: The Alcohol Hangover

Abstract: Hangover from alcohol overconsumption causes decreased effectiveness and increased absenteeism at work, which has significant economic impact with annual costs in the United States estimated in the hundreds of billions of dollars. It also causes distressing symptoms, impaired motor function, and psychological effects. These factors make clear its relevance to toxicologic occupational medicine practice and toxicologists, whose specialized knowledge base and skill set is well-suited to understanding and investigating this condition. Our understanding of hangover-related deficits has implications for our evaluation of impairment from other drugs that cause ongoing impairment despite negative levels, such as marijuana. The search for biomarkers for hangover could help inform future policies regarding missed work, fitness to work, and fitness to drive. Hangover sufferers have been found to be unlikely to modify their future behavior, making the search for other mitigation strategies rational despite concerns for moral hazard-induced increased ethanol use. The causes of alcohol hangover are incompletely elucidated. A better understanding of the pathophysiology of this condition may help inform future treatments. There is wide variance in the quality of literature regarding prevention and treatment of alcohol hangover. Many of the studies are poorly designed and/or focused on proprietary products, folk remedies, supplements, and natural products. Few studies focus on the effects of available pharmaceuticals on this condition and a very limited number have been found effective. The alcohol hangover is an understudied phenomenon with many facets that are of interest to the toxicology community.

Objective 1:

Describe the impact of alcohol hangover on individuals and society.

Objective 2:

Describe the pathophysiology of alcohol hangover.

Objective 3:

Discuss the prevention and treatment of alcohol hangover.